

# **PRINCIPAL'S MESSAGE**

This month we are busy preparing for all of the upcoming concerts that will involve students in public speaking, singing and instrument playing. Being our first year as a K-8 school we are going to try out a new way of doing concerts. Our first two large events will take place on December 20th in the gymnasium. Our grade 5 & 6 concert will start at 11:00 a.m. with gym doors opening to the public at 10:15 a.m. Our kindergarten to grade 4 concert will begin at 1:30 p.m. with doors opening at 12:45 p.m. Please enter off the southeast doors. Note that our Home and School Association will be holding 50/50 draws and raffles at both concerts, with a silver collection being taken at the door. The grade 7 & 8 guitar and band classes will be performing a mini concert for our students in December followed by their first big concert at the end of February.

Thank you to our families for participating in our student-led conferences. We had a great turnout and we know that parental engagement is critical for student success!

Our Purdy's fundraiser was a success and we will notify all families of the exact pick up date and time, we are hoping for December 11th.

Report cards will be going out on December 20th. You will be receiving the report card via email.

Finally, this month, we are arranging a presentation for our grade 7 and 8 students on the Explore program. This is a wonderful three-week intensive French opportunity for our students. It involves traveling and learning the language, with students across the county. I took part in the same program and it really made a huge impact on my language development.

Winter break is from December 23-January 7th. The Home and School meeting will take place on the first day back, at 6:30 p.m.

Happy Holidays, Tracy Vanstone

### IMPORTANT DATES

- Dec. 1 Admin Day -No Classes
- Dec. 4-8 Spirit Week
- Dec. 4-8 Grade 1 Salvation Army Food Drive
- Dec. 11 Expected Purdy's Pick Up
- Dec. 20 Holiday Concert Gr. 5+6 a.m. K-4 p.m.
- Dec. 20 Report Cards emailed home
- Dec. 22 Last Day before Winter Break
- Dec. 25 Jan.5 -Winter Break
- Jan 8 First Day New Term
- Jan 8 Home and School Mtg. 6:30 p.m.

### *Jancing* NTER WONDI M







Quand tu appelles ton professeur "maman"



quand tu dois te lever tôt pour aller à l'école



Comment je sens quand je vois les verbes en français



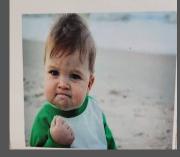
Quand ton alarme ne te réveille pas le matin:



Quand c'est un jour sans bus mais tes parents t'obligent à aller à l'école et tu as aucun amie la



Quand un frère ou sœur te dénonce devant tes parents



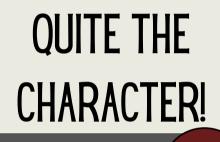






### **3GAGNON INQUIRY ASSIGNMENT**

















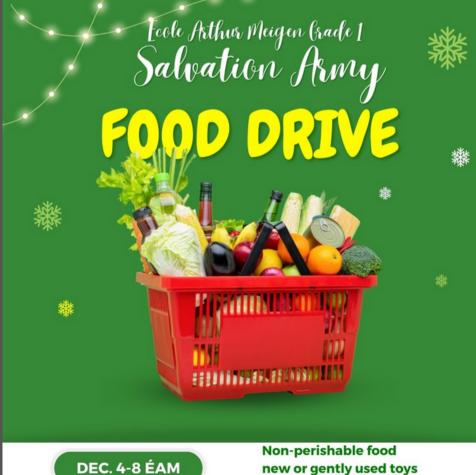




# School Spirit Week

Monday, December 4th - Friday, December 8th





PLEASE CONSIDER SENDING A DONATION OF MONEY, A GENTLY **USED TOY, AND/OR A NON-PERISHABLE** FOOD ITEM FOR SPIRIT WEEK. ALL PROCEEDS WILL GO TOWARDS A LOCAL CHARITY.

EORGE

cash donations

# HOLIDAY CONCERTS

Grades 5&6 - Wed. Dec. 20 11:00 a.m. K-4 - Wed. Dec. 20 1:30 p.m.

All concerts to be held in the school gymnasium ÉcoleArthurMeighen PLEASE HAVE BOOKS RETURNED BY DECEMBER 15TH, MERCI!

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Meet the Teacher Hello briends! My name is Mlle Garrioch, and I am excited to be a Grade 8 teacher this year. I too went to École Arthur Meighen, on to PCI, and Graduated from U of W with my Education Degree with a Major in French, and Minor in English. I love both playing and coaching volleyball, and practice Yoga.

Interesting ... I was named after Rachel from Friends, and I can solve a Rubik's Cube. I have 5 cats! My favourite teacher moment so far has been watching my students' proud faces as they read with their côpains de lecture. I am looking forward to an exciting year!

\_11

Met your TEACHER Hello, my name is Mile Newham and I am thrilled to be

### EDUCATION

I graduated from the French Immersion program with PLPSD () attended ÉAM from grades 5-8). I went to BU, where I earned my Education Degree!

I enjoy walking my dog, Peaches and going to the movies. Does I enjoy walking my dog. Peaches and going to the movies. Does doing drafts with my Cricut and of courses readinat too! I love online snopping count as a nobby, because i love i doing drafts with my Cricut and of course reading!

ABOUT ME

l enjoy lego and playing Animal Crossing on my Nintendo Switch. I am a huge Star

# CONNAÎTRE NOS FAMILLES

Bronte, Draeden and I have a pug named Leonard, a cat named Smokey, and we used to have a cat named Chance. When we moved into our new Habitat home in June, Chance was attached to the home we lived in and kept running away back to our old house... so after 6 weeks of picking him up everytime, the family living in our old home adopted Chance! We miss him a lot! We are a Habjtat For Humanity family. We were blessed with the opportunity when my beautiful Aunty Bonny reached out to me and said our family would be a great fit, so I applied. After getting selected, the• boys and I started volunteer work in the community. We chose to do Service for Seniors as a family, and I volunteered at the MCC when the boys were at their Dad's. The boys were amazing volunteers at the seniors home! We helped serve a dine-in dinner, and the boys were loved lots by the residents! It was a volunteer job full of love to say the least. We are very thankful for the opportunities and for what we have all learned through this process and especially thankful for our new beautiful home we have to make memories in for years to come. The boys' favourite part of our new home is finally having their own bedrooms!! No more bunk bed with the brother! Speaking of the boys, why I chose to put them into French immersion was to start them off with extra strengths in learning, and I thought it would be great for them to be bilingual. I had also heard from students that had graduated from the French Immersion program that they were really happy their parents put them into it. I had high hopes it was the right thing to do. There have been struggles, but the staff has always been of great help! Talking to the boys about what they love most in their new school: Draeden said that their Cousin Jaxen in grade 1 could come with them and also the younger kids! Bronte said because they do really fun stuff in Science, and it's a bigger gym! I am super thankful that they still have Mme Vanstone as a principal to guide them. She is a wonderful Principal, as well as I was happy to see Mme Kerchak and Mme Bluhm in the office. Overall, we love •being a part École Arthur Meighen and look forward to learning, growing, and making great memories!!

# MESCONSEILS

Diana: What is your favourite part of school? Isla: I like playing. I like the Ipad. Diana: Wow! I didn't have Ipads until 3rd grade! Diana: Were you nervous or excited to come to school? Isla: I was scared. I forget what about. I like school now. What is Grade 8? Diana: It's like Maternelle, but the math is harder Isla: What is math? Diana: (laughs)

Diana: Here is some advice that will help you in school. Always be repectful to your teacher, and don't be distracted during lessons!

IG ANGELEG

Ísla - 4 Years Old Maternelle Diana - 13 Years Old Grade 8

### **EXPRESSIONS IDIOMATIQUES**

**AVOIR UN CHAT DANS LA GORGE** 

Avoir de la difficulté à faire sortir les sons de sa gorge. This expression is used to express a frog in one's throat.

Je ne peux pas parler, j'ai un chat dans la gorge.



Portage la Prairie School Division

### DECEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					K-12 Admin Day NO CLASSES	
3	4	5'	6'	7	8	9
10	Day 2	Day 3	Day 4	Doy 5	Day 6	1/
10	117	12	13	14	15	16
		Board Meeting				
17	Doy 1	Day 2	Day 3	Day 4	Day 5	23
					Last DayFall Term	
	Day 6	Day 1	Day 2	Day 3	Day 4	
24	25	26	27	28	29	30
	Christmas Day	Boxing Day				
			Christmas Break			
			SCHOOLS CLOSED		I	
31		Novembe Su M Tu W		January 2024 Tu W Th F Sa		
		<b>s e</b> 7 <b>å</b>	9 10 11 7 8	2 3 4 5 6 9 10 11 12 13 16 17 18 19 20		
		12 13 14 15 19 20 21 22 28 27 28 29	16 17 16 14 15 25 24 26 21 22 30 28 29	16 17 18 19 20 23 24 25 26 27 30 31		dar by Vertex 42.com
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#### Portage la Prairie School Division

# JANUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day	2	3	4	5	6
7	8 First Day Spring Term	9 Board Meeting	10	11	12	13
	Day 5	Day 6	Day 1	Day 2	Day 3	
14	15 Day 4	16 Day 5	17 Day 6	18	K-12 PD Treaty Relations NO CLASSES	20
21	22	23 Board Meeting	24	25	26	27
	Day 2	Day 3	Day 4	Day 5	Day 6	
28	29					
	Day 1	Day 2 December	Day 3	February 2024		
	Su     M     Tu     W       3     4     5     6       10     11     12     13       17     18     19     20       24     25     26     27       31     31     31     31			Tu W Th F Sa 1 2 3 6 7 8 9 10 13 14 15 16 17 20 21 22 23 24 27 28 29	Academic Calendar by Verlex42.com © 2016 Verlex42 LLC. Free to print.	

http://www.vertex42.com/calendars/academic-calendar.html



HI FAMILIES! WE HOPE YOU'VE HAD A GREAT NOVEMBER SO FAR! WE HAVE LOTS OF GREAT THINGS LINED UP FOR NEXT MONTH, BELOW ARE THE DETAILS AND THE CALENDAR FOR DECEMBER. WE REALLY APPRECIATE YOU TAKING THE TIME TO READ THIS EMAIL IN ITS ENTIRETY!

PLEASE NOTE WE ARE CLOSED FROM DECEMBER 25 - JANUARY 2 FOR THE HOLIDAYS. WE WILL ALSO HAVE LIMITED HOURS FROM DECEMBER 20-22.

WE ARE HOSTING A CHRISTMAS FAMILY FUN DAY ON SATURDAY, DECEMBER 16TH FROM 10-2 FOR FAMILIES WITH CHILDREN AGES 1-8. THERE WILL BE A SEPARATE EMAIL WITH MORE DETAILS COMING SOON SO STAY TUNED FOR THAT AND SAVE THE DATE!

DROP IN PLAY WILL BE HAPPENING EVERY TUESDAY AFTERNOON FROM 1-4 PM AT THE FRC PLAYROOM! GET OUT OF THE HOUSE AND COME MEET SOME NEW FRIENDS. YOUR KIDS CAN PLAY WITH NEW TOYS AND YOU CAN SKIP CLEANING YOUR HOUSE FOR A PLAY DATE. THERE IS NO NEED TO REGISTER FOR THIS PROGRAM. COME WHEN YOU WANT AND LEAVE WHEN YOU NEED!

OUR MONTHLY FAMILY GAME NIGHT IS HAPPENING FRIDAY, DECEMBER 8TH FROM 5-7 PM! MEET US AT THE FRC FOR FUN, LAUGHTER AND LOTS OF GAMES -WE'RE GRATEFUL TO BOSTON PIZZA FOR PROVIDING YUMMY PIZZA! REGISTER ONLINE.

OUR MOM'S TIME PROGRAM IS ON WEDNESDAY, DECEMBER 13TH AT 7:30! JOIN US FOR A FUN TIME OF WREATH MAKING JUST IN TIME FOR CHRISTMAS! PLEASE NOTE CHILDCARE IS NOT AVAILABLE FOR THIS PROGRAM.

THE OUR NEIGHBOURHOOD PROGRAM IS HAPPENING FRIDAY. DECEMBER 15TH AT 10 AM AND IT WILL BE A CELEBRATION OF DIFFERENT HOLIDAYS!

IF YOU'VE BEEN WANTING TO COME TO BOOK BUDDIES BUT THE MORNING TIMES DON'T WORK FOR YOU, WE ARE OFFERING THE PROGRAM AT 4:30 ON THURSDAY, DECEMBER 14TH! TODDLER SHENANIGANS ALSO HAS A 4:30 PM SLOT ON MONDAY, DECEMBER 4TH. REGISTER SOON TO CLAIM YOUR SPOT!

SKATE WITH SANTA IS HAPPENING SUNDAY, DECEMBER 3. SEE BELOW IMAGE FOR ALL THE DETAILS! PLEASE NOTE WE ARE PROVIDING SKATES AND HELMETS TO BORROW, FIRST COME FIRST SERVE. UNFORTUNATELY, WE DO NOT HAVE ALL SIZES. WE HAVE SOME MOUTH-WATERING RECIPES THIS MONTH FOR HEALTHY

COOKING A DA KIDS IN THE KITCHEN, PLEASE SIGN UP FOR THE ONE PROGRAM YOU ARE THE MOST INTERESTED IN, AND LET US KNOW IF YOU WOULD LIKE TO BE ON THE WAIT LIST FOR ANOTHER ONE.

JUST A FRIENDLY REMINDER THAT WE OFFER FREE AND CONFIDENTIAL WELLNESS COACHING AT THE FRC. SCHEDULE YOUR APPOINTMENT BY CALLING 204-595-5105, CHILDCARE CAN BE AVAILABLE IF NEEDED.

AS ALWAYS, THE BEST WAY TO SIGN UP FOR PROGRAMS IS ON OUR WEBSITE. AS ALWATS, THE BEST WAT TO SIGN UP FOR PROGRAMS IS ON OUR WEBSITE. JUST A COUPLE THINGS ABOUT ONLINE REGISTRATION: IT CLOSES ONE OR TWO DAYS BEFORE THE PROGRAM, SO IF YOU WANT TO SEE IF THERE IS STILL SPACE THE DAY BEFORE, OR THE DAY OF, JUST GIVE US A CALL OR SEND A TEXT TO 204-595-5005. ALSO, IF YOU TRY TO SIGN UP BUT THE DATE LOOKS LIKE IT IS NOT AVAILABLE, IT MAY BE FULL. IN THAT CASE, PLEASE FEEL FREE TO SEND US A MESSAGE, AND WE WILL BE HAPPY TO PUT YOU ON THE WAIT LIST IN CASE SOMEONE CANCELS.

NOTE: WE HAVE REGULARLY HAD OPENINGS FOR PROGRAMS BECAUSE OF CANCELLATIONS, SO IF YOU DIDN'T GET TO SIGN UP RIGHT AWAY (AND GO ON THE WAIT LIST), THERE IS A GOOD CHANCE YOU'LL STILL GET IN!

FINALLY, IF YOU WISH TO UNSUBSCRIBE FROM THESE EMAILS, SIMPLY SCROLL TO THE VERY BOTTOM AND HIT THE "UNSUBSCRIBE" BUTTON.

TAKE CARE. ENJOY THE REST OF NOVEMBER AND WE HOPE TO SEE YOU SOON!

OUR WEBSITE: WWW.FRCPORTAGE.CA





Website: frcportage.ca Call or Text: (204) 595-5005 E-mail: info@frcportage.ca 234 Princess Ave. Portage la Prairie

December 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
**		Trying to register online but don't see the time you want? Call or text 204-595-5005 to have your name added to the waitlist!			1 Healthy Cooking 10 am or 1 pm	2
<sup>3</sup> SKATE WITH SANTA <sup>1-2 pn</sup> E00 Cartre (Transportedim not Provided)	4 Toddler Shenanigans 9 am or 11 am 4:30 pm	5 Healthy Baby 11 am Drop In Play 1-4 pm	6 Grand Pals 10:30 am (Dufferin Villa) Homeschool Co-op 1:30-3:30 pm	7 Wiggle, Giggle, Munch 9 am or 11 am Parenting 101 1:30 pm	8 Kids in the Kitchen 10 am or 1 pm Family Game Night 5-7 pm	9
10	11 Musical Mornings 9 or 11 am	12 Chest/ Breastfeeding Group II am Drop In Play 1-4 pm	13 Babies & Babble Newborn 9:30 am Babies 11:30 am Mom's Time 7:30 pm	14 Book Buddies 9 am or 11 am 4:30 pm	0ur Neighbourhood 10 am	16 Christmas Family Fun Day 10 am - 2 pm (Transportation not Provided) For families with children ages 1-8
17 Need transportation to program? Contact FRC 8 we can arrange a shuttle!	18 Toddler Shenanigans 9 am or 11 am	19 Healthy Baby 11 am Drop In Play 1-4 pm	20 STAFF PD DAY	21 STAFF PD DAY	STAFF PD DAY	23
24 31	25 CLOSED	26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED	30
STEP 1: Find a program to join! STEP 2: Register on our website! STEP 3: Join us at the FRC!						

December 2023

Find us on Facebook & Instagram: Family Resource Centre Portage

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Rables 8. Babble - Interactive baby and parent activities, including music and movement for sensory development. Join the group appropriate to your baby's motor skills. Newborn - to sitting unsupported (approx. 0-6 months); or liabies - sitting to taking first steps (approx. 6 months +). Childcare provided for older children.

Book Buddies - A literacy program focusing on speech, movement, songs and of course books! It's facilitated in partnership with a speech and language pathologist. (Ages 18 month 6 years)

Chest/Breastfeeding Group -A space for nursing parents (and those considering) to come together and feel supported in their journey from pregnancy to weaning. Childcare provided.

Drop In Play - Our playroom is open to use for 1-4 pm. Get out of the house and come meet some new friends, play with new toys, or skip cleaning your house and come here for a playdate instead! This is not a program, so no registration is needed. Come when you want and heav when you need to?

Family Game Night - Meet up at the FRC for fun, laughter and lots of board games! Pizza n Pizzał

Grand Pals - Make new friends at this program that brings together younger and olde generations for planned activities and lots of fun! You're never too old to play! Held at Dufferin Villa.

Healthy Baby - A program for pregnant and new moms to come together and chat

Healthy Cooking - Come join others and prepare your own healthy family meal, with step by step instructions. Please bring your own container for this recipe, so you can enjoy your creation at home! Childcare provided.

iomeschool Co-op - A chance for homeschooling families to come together to achi ommon goals and enrich the home education experience. (Preschool +)

Kids in the Kitchen - Introduce your kids to the fun preparation of healthy nutritio with step by step instruction. Please bring your own container for this recipe, so yo enjoy your creation at home! (Ages 2 - 6 years)

Mom's Time - Time committed to focus with other Moms ag on you. A space to try new things and co

Musical Mornings - Explore the world of rhythm and rhyme with music and songs I toddlerst This program focuses on musical discovery through instruments, finger pl movement. (Ages 6 months-3 years) v. and

Our Neighbourhood - Learn what it means to be a caring human being by learning about th wonderful people and places in our community! (Ages 18 months +). We will be celebrating different holidays!

Toddler Shenanigans - This program provides children the opportunity to explore the work around them by using their five senses to further develop their natural desire to learn! (Ages 1-6)

Wiggle, Giggle, Munch - A physical activity and nutrition program that encourages parents and children to have fun through active play, games and songs! (Ages 2-6)



#### December TOPICS:

Recipe: Sheet Pan Sausage & Sprout Meal colourful, bright and yummy meal ne pan makes for easy cleanup and clicious food!

Cids in the Kitchen: December 8 Decipe: Easy Tortilla Pizza (his tortilla pizza is extremely easy to nake. It is light enough to be a snack, serves well as an appetizer, or is so go that it can be devoured alone! You can smy sort of topping variation.

Activity: Wreath Making Ioin us for a fun time of wreath making just in time for Christmast All supplies provided. Please note childcare is not available.

#### FREE wellness coaching is available! Schedule your appointment by calling 204-595-5105.

ase inquire about childcare availability

#### MASK UPDATE - PLEASE READ!

Masks are optional for the indoor programs. If you or ne in your family is unwell, ple se stay home and let us know you won't be attending. We will have masks and sanitizer available! It you would preter statt wear a mask when

children/yourself, please let us kr

### NUTRITION BITS AND BITES

Change Up Food Rewards



#### Should Food be Used as a Reward?

We all enjoy food and it is important for celebrations and culture. Breaking the link between food and good behaviour or punishment can help promote a positive relationship with food.

- Using food as a reward may:
  - Increase a child's desire for the reward food which is often sweets.
  - Interfere with children's innate hunger and fullness cues
  - Kids expect food when they have been good or achieved an accomplishment
  - Increased risk of dental cavities
- Try to keep food as food, neither a prize nor a punishment.
- Having fun with food is a good thing! Try non-food rewards to support a child's health, growth, development and relationship to food!

Using non-food rewards also protects children with food allergies. Read more about non-food rewards here: https://foodallergycanada.ca/non-food-treats-10-food-free-ideas-kids-ages/

#### AT HOM AT HOME DANCE PARTY GO TO A SPORTS GAME STICKERS · GIVE A NEW BOOK FAMILY GAME NIGHT GIVE A NEW PIECE OF PAIAMA DAY CLOTHING/IEWLERY CREATE A BOX OF SPECIAL · PLAY A NEW GAME TOYS OR ART SUPPLIES PAINT THIER ROOM ONLY USE FOR REWARDS NON-FOOD REWARD AT SCHOOL IDEAS LISTEN TO MUSIC WHILE WORKING STICKERS NO HOMEWORK PASS BOOKMARKS ☆ EXTRA TIME TO TALK IN EXTRA PLAY/ART TIME CLASS CLASS DANCE PARTY HAVE CLASS OUTSIDE GET TO SIT BY FRIENDS GIVE A NEW BOOK FOR FUN How to Implement Ideas:

Fun with Food: Non-Food Reward Ideas

- Make a list together! Asking your child for input can help motivate them to change. • Provide words of encouragement! Kids love hearing "I'm so proud of you" or "Thank you for your help!"
- Let them choose the game, sticker, book or activity they want in the moment!

Check Out Appetite to Play for More Ideas to Support Healthy Eating and Activity for Kids: https://www.appetitetoplay.com/healthy-eating/tips-ideas/10-easy-non-food-rewards

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For more information on nutrition and healthy eating, visit https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/ To access previous school nutrition newsletters, visit: 10 access previous sension internali newsieues, wait: https://www.southermhealth.ac/what-happening/netritional-newsietters/ Contact Dial-a-Dietrian 1.477-830-2892 Health Links 1.488-315-9257 Nutrition Services Team 1-204-856-2055 Created by Registered Dietrians From Southern Health-Santé Sud May be photocopied in its entirety provided source is act

### MÉLI-MÉLO EN NUTRITION

Alternatives aux récompenses alimentaires



Pour encourager à essayer de nouveaux

aliments, essayez ceci :

My TRY NEW FOODS Chart

Food

GRACIEUSETÉ DE SALLY KUZEMCHAK

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#### Devrait-on donner des aliments en récompense?

Nous avons tous plaisir à manger et la nourriture est une partie importante des célébrations et de la vie culturelle. Rompre le lien entre la nourriture et les bons comportements ou les punitions peut aider à promouvoir une relation positive avec la nourriture.

- Utiliser les aliments en guise de récompense peut notamment :
  - o Accroître le désir de l'enfant pour l'aliment récompense qui est souvent une sucrerie
  - Nuire aux signaux innés de faim et de satiété de l'enfant.
  - o Augmenter l'attrait des enfants envers les aliments lorsqu'ils ont eu un bon comportement ou ont bien réussi
  - Accroître le risque de caries dentaires.
- Il est préférable de renforcer le fait que les aliments sont de la nourriture et non une récompense ou une punition.
- S'amuser sans nourriture est une bonne chose! Essayez des récompenses non alimentaires afin de promouvoir la santé, la croissance et le développement de votre enfant, ainsi que sa relation avec la nourriture!

Utiliser des alternatives aux récompenses alimentaires protège également les enfants ayant des allergies alimentaires. Lisez-en davantage sur les récompenses non alimentaires ici https://foodallergycanada.ca/non-food-treats-10-food-free-ideas-kids-ages/ (en anglais seulement).

#### Idées de récompenses non alimentaires

À LA MAISON 4-10 ANS		À LA MAISON 11-16 ANS
SORFE DE DANSE AUTOCOLLANTS SOIRÉE DE JEUX EN FAMILLE JOURNÉE EN PYJAMAS BOÎTE DE JEUX OU DE BRICOLAGE À UTILISER SEULEMENT COMME RÉCOMPENSES		ASSISTER À UN MATCH SPORTIF OFFRIR UN NOUVEAU LIVRE OFFRIR UN NOUVEAU VÉTEMENT OÙ BIJOU JOUER À UN NOUVEAU JEU PEINTURER LA CHAMBRE DE L'ENFANT
	IDÉES DE RÉCOMPENSES NON ALIMENTAIRES	
À L'ÉCOLE 4-10		À L'ÉCOLE 11-16 ANS
AUTOCOLLANTS SIGNETS TEMPS ADDITIONNEL POUR LE JEUBRICOLLAGE JOURNÉE DANSANTE EN CLASSE PERMISSION DE S'ASSEOUR À CÔTÉ DE LEURS AMIS		ÉCOUTER DE LA MUSIQUE PENDANT LE TRAVALL EN CLASSE PASSE SANS DEVOIRS TEMPS SUPPLÉMENTAIRE POUR JASER EN CLASSE À L'EXTÉRIEUR OFFRIR UN NOUVEAU LIVRE

#### Comment adopter ces idées :

- Faites une liste ensemble! Demandez à votre enfant des suggestions afin de le motiver à changer.
- Offrez des mots d'encouragement! Les enfants adorent entendre « Je suis très fier/fière de toi! » ou « Je te remercie de ton aide! »
- Laissez lui choisir le jeu, l'autocollant, le livre ou l'activité qu'il souhaite à ce moment!

Consultez le site Appetite to Play (en anglais seulement) pour connaître de plus amples idées visant à favoriser une saine alimentation et l'activité physique chez les enfants : https://www.appetitetoplay.com/healthy-eating/tips-ideas/10-easy-non-food-rewards (en anglais seulement)

Pour en sovier plus sur la nutrition et l'alimentation saine, consulter : https://www.southernhealth.calit/travers-des-soins/health-info-for-rou-fr-ca/nutrition-and-healthy-eating-fr-ca/ Pour accéder aux précédents bulletins de nutrition à l'école, consulter :

https://www.southernhealth.co/whats-happening/nutritional-newsletters/https://www.southernhealth.co/fu/que-se-passe-t-l//bulletins-de-nutri Service de consultation de delétionse : 1 877 830-2892 Info Santé : 1 888 315-9257 (guipe des services de nutriton : 1-204-856-2055

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